What is claimed is:

- 1. A capacitor, comprising:
 - a capacitor package;

a number of plate assemblies housed within the capacitor package, each plate assembly having a first polarity connection and a second polarity connection; and

a plurality of terminals, wherein multiple first polarity connections are coupled to a single first polarity terminal and corresponding multiple second polarity connections are coupled to multiple second polarity terminals.

- 2. The capacitor of claim 1, wherein a number of plate assemblies includes a number of fan-like plate assemblies.
- 3. The capacitor of claim 1, wherein a plurality of terminals includes at least one surface mount terminal.
- 4. The capacitor of claim 1, wherein the first polarity is an anode and the second polarity is a cathode.
- 5. The capacitor of claim 1, wherein the capacitor package includes a rectangular volume.
- 6. The capacitor of claim 1, wherein the capacitor package includes a cylindrical volume and the a number of plate assemblies include fan-like plate assemblies.
- 7. The capacitor of claim 1, wherein the plurality of terminals includes multiple first polarity terminals.
- A capacitor, comprising:
 a capacitor package;

a number of plate assemblies housed within the capacitor package, each plate assembly including:

at least one aluminum foil plate;

a conductive polymer;

a dielectric layer separating the aluminum foil plate from the conductive polymer;

a first polarity connection coupled to the aluminum foil plate;

a second polarity connection coupled to the conductive polymer; and

a plurality of terminals, wherein multiple first polarity connections are coupled to a single first polarity terminal and corresponding multiple second polarity connections are coupled to multiple second polarity terminals.

- 9. The capacitor of claim 8, further including a carbon layer over the conductive polymer and silver paint over the carbon layer.
- 10. The capacitor of claim 8, wherein a number of plate assemblies includes a number of fan-like plate assemblies.
- 11. The capacitor of claim 8, wherein the first polarity is an anode and the second polarity is a cathode.
- 12. The capacitor of claim 8, wherein the plurality of terminals are surface mount terminals.
- 13. A capacitor, comprising:

a capacitor package;

a number of plate assemblies with individual plates arranged parallel to each other and substantially perpendicular to a top surface of the capacitor package, each plate assembly including:

a number of foil plates, electrically coupled at a first end;

- a conductive polymer;
- a dielectric layer separating the number of foil plates from the conductive polymer;
 - a metal containing coating over the conductive polymer;
- a first polarity connection coupled to the number of foil plates at the first end;
- a second polarity connection coupled to the metal containing coating; and

a plurality of terminals coupled to the number of plate assemblies, wherein terminal polarity is alternated from the first polarity to the second polarity in a row along a side of the capacitor package.

- 14. The capacitor of claim 13, wherein the number of foil plates foil plates include a number of aluminum foil plates.
- 15. The capacitor of claim 13, wherein the capacitor package includes a form factor for a multi layer ceramic capacitor.
- 16. The capacitor of claim 13, wherein the first polarity connections are electrically connected to each other within the capacitor package.
- 17. The capacitor of claim 13, wherein the second polarity connections are electrically connected to each other within the capacitor package.
- 18. An information handling system, comprising:
 - a motherboard;
- a voltage regulation circuit coupled to the motherboard, including a capacitor that includes:
 - a capacitor package;

a number of plate assemblies housed within the capacitor package, each plate assembly having a first polarity connection and a second polarity connection;

a plurality of terminals, wherein multiple first polarity connections are coupled to a single first polarity terminal and corresponding multiple second polarity connections are coupled to multiple second polarity terminals;

- a processor chip;
- a dynamic random access memory; and
- a bus coupled between the processor chip and the dynamic random access memory.
- 19. The information handling system of claim 18, wherein the dynamic random access memory includes a synchronous dynamic random access memory.
- 20. The information handling system of claim 18, wherein the capacitor package includes a cylindrical volume and the a number of plate assemblies include fan-like plate assemblies.
- 21. The information handling system of claim 18, wherein the plurality of terminals includes multiple first polarity terminals.